

## Braised goose breast with oven-baked pretzels and Emmental



Up to 30  
min.



Normal



### Zubereitung

1. Wash the vegetables, cut them into small cubes and fry them.
2. Also fry the tomato paste and deglaze with the stock and red wine, then gently boil down.
3. Add the sauce base to the roasting tin and place the salted goose breast on top. Cook in the oven at 140°C for 30 minutes. Increase the temperature to 160°C until the goose breast falls off the bone. Fry the goose briefly until crisp at 250°C, remove from the bone and leave it to rest in the oven at 60°C.
4. Strain, reduce and season the sauce.

### For the oven-baked pretzels and Emmental

1. Cut the pretzels into slices first then into cubes, do the same with the apricots or figs.
2. Heat the milk, cream, **GOLDSTEIG Butter** and stock, add salt and ground fennel seeds. Boil up (careful, it boils over easily!)
3. Cut the onions into small cubes, sauté them and put them over the pretzels and apricots or figs. Add the eggs and mix well. Then pour the milk mixture over it, mix well and leave to soak.
4. To finish fold the diced **GOLDSTEIG Emmental** in.
5. Line the oven dishes with **GOLDSTEIG Butter** and breadcrumbs and add the mixture. Bake at 160°C for about 12 minutes.

### Zutaten



#### For 4 people:

- 2 goose breasts
- 50 g carrots
- 50 g celeriac
- 2 onions
- 50 g celery
- 2 spoons of tomato paste
- 150 ml red wine
- 1 l meat stock
- 50 g sugar
- Rock salt
- 200 g **GOLDSTEIG Emmental Cheese Block**
- 3 pretzels without salt
- 60 g dried apricots or figs
- ½ onion
- 2 eggs
- 100 ml milk
- 30 ml cream
- 50 ml **GOLDSTEIG Butter**
- 40 ml vegetable stock
- Salt
- Fennel seeds

